

# PODCAST



## PODCAST 2 - STEREOTYPES, PREJUDICE, AND LABELS: HOW THEY WORK AND HOW TO BREAK THEM

### “THE VOICE OF A MIGRANT – SCHOOL IN A NEW COUNTRY”

**When my parents told me** we were moving to another country, I didn't know what to feel.

- Excited
- Scared
- Angry

Probably all of it at once. I imagined unfamiliar streets, a language I didn't understand, and a rhythm of life that wasn't mine. Still, I didn't really understand how hard it would be-not until my first day of school. I remember standing in front of the school gate, my hands cold even though it wasn't that chilly. The building looked like every school I'd ever known - classrooms, hallways, students running late. And yet, it felt foreign as if I'd stepped onto a movie set where everyone knew the script - except me.

When I entered the classroom, heads turned. The teacher smiled, said something I didn't fully understand, and pointed to an empty desk. That was my beginning.

For the first few weeks, I lived in silence. I knew just enough words to introduce myself.

Not enough to join a conversation. But the most challenging part wasn't the language. It was the loneliness of not being understood. People around me were kind, but our worlds didn't overlap. I laughed when others laughed - even when I didn't get the joke. I smiled a lot, hoping that would be enough.

Then something shifted. One day, the teacher paired me with a student named Emma for a science project. She was patient. Curious. Unhurried. When I couldn't find the right word, she waited-or guessed, or laughed with me at our mix of gestures, broken sentences, and half-languages. That's when I realised something important. Communication isn't only about grammar. It's about connection. Emma started introducing me to her friends. They taught me local slang. Invited me to lunch.

Explained the unspoken rules of the cafeteria - who sits where, what food to avoid, how to survive Monday mornings. Each small moment made the unknown feel a little less frightening. A little more familiar.

After a few months, new students arrived at the school. And suddenly, I wasn't the only one standing quietly at the edge of the classroom. I knew what it felt like to be on the outside. So I showed them around. Explained how things worked. Smiled first.

Helping others made me feel strong again. I wasn't just the new kid anymore. I was someone who could make a difference.



Looking back now, I see that being a migrant taught me lessons far beyond geography. It taught me to observe before judging. To ask before assuming. To find courage even when I don't have all the words. It showed me that diversity isn't just a topic in a lesson. It's our everyday reality.

When people ask me what it's like to live in another country, I tell them this:

- It's like learning to swim all over again. At first, you panic. You swallow water. You're afraid you'll sink. Then, slowly, you start to float. And one day, you realise - the sea is full of others learning to float too.

My voice, once quiet and uncertain, now carries confidence. My accent is no longer something I hide. It's part of who I am. I belong to more than one place now. And that, to me, is a strength.

Being "from somewhere else" used to sound like a disadvantage. Today, I see it as my bridge - between cultures, between people, between the person I was and the one I'm becoming.

### Reflective Questions

1. What do you think is the hardest part of starting life in a new country or culture - and what could make it easier?
2. How can you help someone in your school or community who feels like an outsider find their place?
3. Who around you might be learning to "swim" right now - and how could you support them?



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